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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**MOTOR ACTIVITY OF HIGHLY QUALIFIED FOOTBALL
PLAYERS IN COMPETITIVE ACTIVITIES****A. I. Talipjanov**

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ABOUT ARTICLE

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Abstract: This article examines the problems of monitoring and analyzing the motor activity of football players during competitive activities. The indicators of the volume and intensity of football players' movements during the game are determined.

INTRODUCTION

It is known that physical activity is a leading factor in the development of psychophysical qualities, the formation of the musculoskeletal system and functional systems of the athletes' body. The issues of monitoring and analyzing the physical activity of football players during competitive activities have always been in the field of view of domestic and foreign theorists and practitioners. Thus, according to some authors (Guba V., Ermakov, & Stroeve I., 2002; Perevoznik V.I., and Pertsukhov A.A., 2015; Shamardin V.N., 2012. Jeong H.-C., So W.-Y., 2020,). monitoring the volume of physical movements of football players in competitions plays an important role in planning running loads for training. In other words, when planning the training load, it is necessary to take into account the sum of the segments run by players during the game at different speeds and tempos (Godik M.A., 2006; Kostrikin V.N., 2007; Luhtanen P., 2006; Ordzhonikidze Z.G., & Pavlov V.I. 2008., Mohr M., Krusturup P., & Bangsbo J).

MATERIALS AND METHODS

It is known that a field player covers an average distance of 8-12 km during 90 minutes of a match, and a goalkeeper, approximately 3-4 km. Table 1 presents the results of some studies of the structure, volume and intensity of football players' movements in competitive games,

obtained by experts (Lukhtanen P. 2006; Stepanenko Ya. 2008, Perevoznik V.I. 2009; Wagner P.D., 2000; Busti Ceccarelli S., Ferrante C., Gazzola E. 2020).

Table 1

Indicators of the volume and intensity of movements of football players

№	Indicators of movements	Distance	Intensity of movements	% time game
1	Total volume of movements	7-13 км	small	45-71%
2	Walking	50-55%	Medium large	0,8-3,5 0,3-2,4
3	Running without a ball	30-35%	maximum	0,2-3,8
4	Actions with the ball	1-5%		

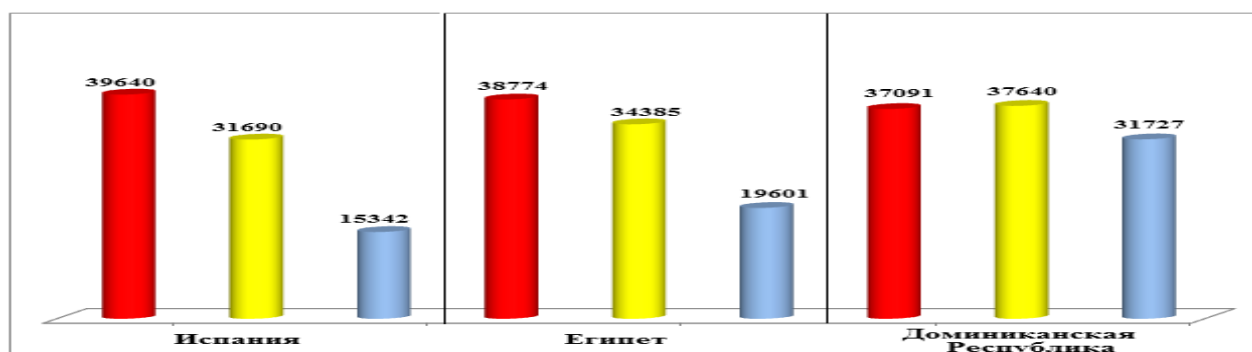
Table 1 shows that the total volume of movements of football players during the game is from 7 to 13 km; walking takes up 50-55% of the total volume of movements; running without the ball - 30-35%; actions with the ball - 1-5% of the game time, the volume of movements with low intensity is 45-71% of the game time (distance 3.8-6.1 km); the volume of movements with medium intensity is 0.8-3.5% (distance 500-800 m); the volume of movements with high intensity is 0.3-2.4% (distance 300-500 m); the volume of movements with maximum intensity is 0.2-3.8% (distance 200-400 m). Thus, the data characterizing the motor activity of football players of high-level teams are of particular interest.

The purpose of the study is to determine the indicators of the motor activity of the football players of the national Olympic team of Uzbekistan, the team participating in the Olympic Games "Paris 2024".

Research methods - analysis of special scientific and methodological literature, registration of motor activity and methods of mathematical statistics.

RESULTS AND DISCUSSIONS

The results of monitoring the motor activity of the football players of the Olympic team of Uzbekistan in three games are presented in Diagram 1.



1-when in possession of the ball (m) 2-when in possession of the ball by the opponent (m) 3-when the ball is neutral

Fig. 1. Diagram of physical activity indicators of football players of the Olympic team of Uzbekistan

In the first game, with the Spanish national team, the overall team motor activity indicator of the Uzbekistan national team was 86,672 m. With their own possession of the ball, the players ran 39,640 m, with the opponent's possession of the ball - 31,690 m, with a neutral ball - 15,342 m. In the second game, with the Egyptian national team, the overall team motor activity indicator of the Uzbekistan team was 92,760 m. With possession of the ball, the players ran 38,774 m, with the opponent's possession of the ball - 34,385 m, with a neutral ball - 19,601 m. In the final game of the group tournament, with the Dominican Republic national team, the meters of motor movements of the football players of the Olympic team of Uzbekistan were 106,458 m. With their own control of the ball, the football players covered a distance of 37,091 m, when the opponent controls the ball - 37640 m, with a neutral ball - 21727 m.

Analysis of the indicators of motor activity shows that the football players of the Uzbekistan team in controlled matches made a large volume of motor movements when they had possession of the ball in the game with the Spanish team - 39640 m.

The results of monitoring the motor movements at different running speeds of the Uzbekistan national team are shown in Table 2.

Table 2

Indicators of motor activity at different speeds of movement of football players of the national team of Uzbekistan

Opposing team	Game score	Speed of movement					Total distance, (m)
		0-7 км/ч	7-15 км/ч	15-20 км/ч	20-25 км/ч	>25 км/ч	
Spain	2:1	36195	39680	11450	3967	1412	92704
Egypt	1:0	37010	40419	12115	4227	1756	95527
Dominican Republic	0:0	36124	42520	12994	4859	1975	98472

It is evident that the variation in walking distance indicators of the team's football players was in the range from 36,124 m to 37,010 m.

The indicators of running at an average pace varied from 11,450 m to 12,994 m with an average value of $12,186.3 \pm 2,658.9$ m.

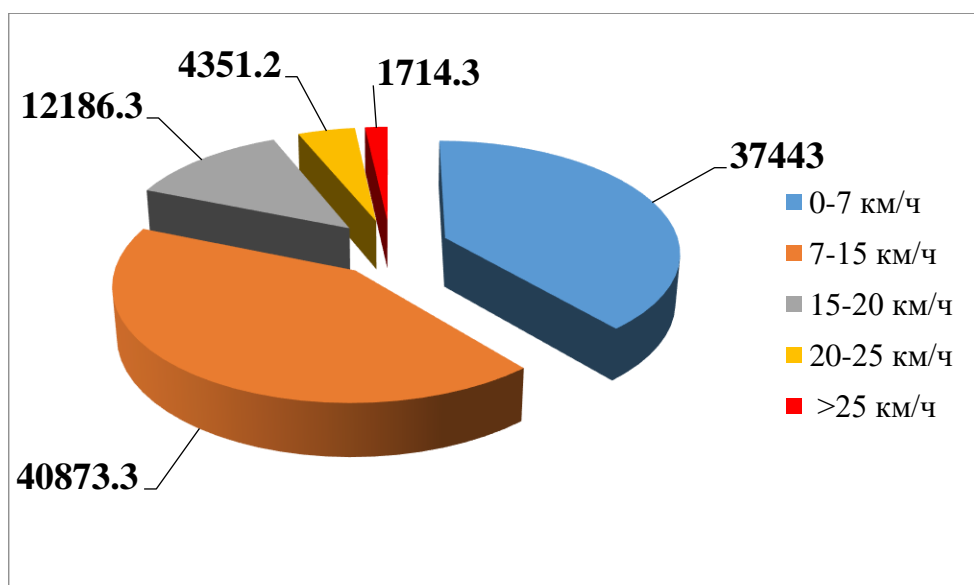


Fig. 2. Diagram of physical activity indicators of the football players of the Uzbekistan national team (%)

The fast sprint meterage of the Uzbekistan Olympic team football players ranged from 3967 m to 4859 m with an average of 4351.2 m.

The average maximum sprint meterage was 1714.3 ± 96.7 m. At the same time, the sprint meterage of the football players varied from 1412 m to 1975 m.

CONCLUSIONS.

1. The results of motor activity monitoring indicate that the volume of motor movements performed by the Uzbekistan national team football players at the Paris 2024 Olympic Games was low.

2. The largest volume of motor movements of the football players in the group tournament (three games) of the Olympics was noted in the game with the Dominican Republic team (98472 m).

3. Of the total meterage of physical activity of the football players of the national team of Uzbekistan, the largest volume was spent on movement when the opponent had possession of the ball (from 31690 to 37640 m). 4. Football players of the national Olympic team of Uzbekistan covered the greatest distance at a speed of 0-7 km/h and 7-15 km/h, and the smallest at a speed of 20-25 km/h and >25 km/h.

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